



Magazine Section

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PAGE SEVEN



WOMAN AND HOME

Under this department receipts, ideas, experiences and information of interest are solicited

We are all imperfect and the two things that make it possible for imperfect people to live together in peace and joy are forgiving and forgetting.

Cut an unpeeled eggplant in one-fourth-inch slices, salt each; put them together again and press under a heavy weight an hour or more. Cut them into equal lengths a fourth of an inch wide, rejecting the skin, dry them and roll them in flour and cornmeal mixed; season with salt, pepper, and a dash of nutmeg. Drop a few at a time into hot olive oil and fry until a delicate brown. Drain on soft paper and serve at once.

Macaroni Savory.—Take a quart of cooked macaroni, two green peppers, two onions, chop the vegetables and fry 15 minutes in olive oil, tossing them constantly; add one cupful of tomatoes and a half cupful of grated cheese.

Masked Sweetbreads.—Remove the pipes and skin from a pound of blanched sweetbreads, then put through the meat grinder with two slices of salt pork. Form into cutlets and roll them in cheese cloth to keep their shape. Place on ice to become firm. After an hour or two saute them on one side, only using butter; then place them in a buttered baking sheet, baked side up. Cover them with the following mixture: Scald a small onion in water five minutes, drain and slice it and cook in a tablespoonful of butter until it is slightly brown; add one cupful of stock and cook until tender; press through a sieve with the stock. Melt three tablespoonfuls of butter; add a third of a cupful of flour, half a teaspoonful of salt, and a little paprika. Add enough cream to the onion and stock mixture to make one and a third cupful; add this to the mixture in the pan; when boiling, add one large egg, cook for a moment, then add a dash of cayenne and nutmeg. Cover the sweetbreads about a fourth of an inch with this. Cool, then cover with bread crumbs, mixed in melted butter. Place a whole mushroom cooked in butter, on each cutlet, and garnish with strips of truffle or red and green peppers. Bake ten minutes. Serve with a brown mushroom sauce around the edge of the plate with a mound of fried eggplant straws in the center.

Chestnut Soup.—Boil four dozen large chestnuts for 15 minutes; let cool and peel them. Cook the chestnuts in three tablespoonfuls of melted butter for a few minutes, not letting them brown. Add to this three pints of chicken stock that has been well seasoned and let cook slowly until the chestnuts are soft. Put nuts through a sieve and return to the stock. Serve with croutons.

A Trail of Faith
A pastor in western Pennsylvania who until recently was a believer in the literal answer to prayer, now is with some trepidation, taking stock in his faith. Not long ago a visiting fellow clergyman prayed fervently in

his pulpit to this effect: "May the brother who ministers to this flock be filled full of fresh zeal and new vigor."

The startled pastor says that he doesn't object to fresh zeal in moderation, but does object to having one of these new breakfast foods forced upon him.

Sugar Sauce for Cottage Pudding
One cupful of granulated sugar, half a cupful of water, a piece of butter the size of a walnut. Boil all together until it becomes the consistency of sirup. Flavor with lemon or vanilla extract. A tablespoonful of lemon juice is an improvement.

Just Like Her
"Well, Jane, dear," said Smithers, "I see that that little milliner up on Main street has joined the anti-suffrage society." "No, she hasn't," said the suffragette who adopted the 18-cent hat.

"Oh, well, what if she has?" retorted Mrs. Smithers. "Nobody's surprised at that. She always was a trimmer."

Why She Liked Saturn
"I wonder," said the youthful astronomer, who was slow to do what was expected of him, "if—if you could let me associate you with some star—Venus, perhaps, star of love?" "Well, no," said the lady addressed, thoughtfully; "I would rather you thought of me as Saturn."

"Indeed! Why?"

"Oh, well, you know, didn't you tell me that Saturn has a ring?" He bought one the next day.

Flavor of Game
Game should never be washed, or soaked in water, which is true of any meat; if it has been carefully dressed it is only necessary that it should be well wiped with a damp cloth inside and out.

All game birds should be plucked and drawn as soon as possible after killing. Remove the pin feathers, singe by holding over a blazing paper on the stove. Remove the head and feet and don't forget the oil bag from the tail. Carefully remove the gall bladder and cut open or press the heart to remove all blood. Wash the giblets carefully in water and cook them, if used for gravy, separately in simmering water, then chop and add to the sauce.

The real game lover prefers the gamey taste rather than spices or seasonings that destroy that flavor.

If the fishy taste is not liked, parboil the birds in water with a slice of onion before the broiling or roasting.

Quail and partridge being white meat should be cooked well done, using care not to dry it and lose its flavor. Duck, snipe, grouse, quail and woodcock have dark meat so should be served rare. All meat should be steaming hot when served. When trussing birds, use string rather than skewers as they tear the delicate meat.

The breasts of game during the

process of cooking should be wrapped in bacon, or thin salt pork, slitting it to keep it from curling, fastening on with toothpicks. As game lacks fat it should be well basted while roasting. Serve it with perfectly sliced and browned potatoes.

Venison should be cooked as one does mutton and served rare, allowing 10 to 12 minutes to the pound. Serve with spiced grape jelly or currant jelly.

Avoid game that has hung too long, as serious digestive troubles may result from such meat. Birds that are torn with shot will not keep for any length of time.

An Ill Wind
"If any man here," shouted the temperance speaker, "can name an honest business that has been helped by the public house, I will agree to spend the rest of my life working for the liquor interests."

At this point, says the Windsor Magazine, a man in the audience rose. "I consider my business honest," he said, "and it has been helped by the public house."

"What is your business?" asked the orator.

"I, sir, responded the man, "am an undertaker."

Few Nice Cakes
When eggs are reasonable a sponge or angel cake is not at all expensive, as no butter is needed, yet such cakes are not always liked. The following is a light, delicious cake: Delicate Yellow Cake.—Put a half cupful of butter, a cupful of sugar and the yolk of seven and the white of one egg into a warm bowl and beat until light; add two cupfuls of flour, sifted with two teaspoonfuls of baking powder and a half cupful of water, beat two minutes; flavor with grated lemon rind or orange rind and bake in a sheet.

Potato Carmel Cake.—Take two-thirds of a cupful of butter, two cupfuls of sugar, one cupful of grated chocolate (less if so desired), a cupful of hot potato, sifted; four egg yolks, one cupful of chopped walnuts, a teaspoonful each of clove, cinnamon and nutmeg; a half cupful of milk and two cupfuls of flour in which two teaspoonfuls of baking powder has been sifted. Add the beaten whites of the eggs and bake in a thick sheet. Cool and cover with carmel icing.

Ribbon Cake.—Put two tablespoonfuls of butter, a cupful and a half of sugar, an egg and two yolks of eggs into a warm bowl and beat until light; then add two and a half cupfuls of flour, a cupful of milk, and three teaspoonfuls of baking powder; beat again hard for two minutes; flavor and divide, pour into three tins, and reserve the amount for the last tin to add a tablespoonful of cocoa, a teaspoonful each of cloves, nutmeg and a half cupful of chopped raisins. Pour the layers together with the dark one between; spread with boiled icing.

Chocolate Gems.—Take two tablespoonfuls of butter, a cupful of sugar, two teaspoonfuls of cocoa, a fourth of a teaspoonful of cinnamon and two eggs, not beaten; one and one-half cupfuls of flour, a teaspoonful of baking powder; beat well and bake in ten pans; frost with powdered sugar and cream.

BANNER FASHION HINTS



HER CHOICE.

Midnight blue gaberdine cut Russian blouse and skirt to shoe tops gives this maiden's suit. Black bone buttons give a chic finish, and the white satin collar is detachable. Two poppies trim the sailor.



Remember Voters that is necessary for you to vote twice on November 7, "Yes" to the State-Wide prohibition amendment and vote "no" to the "Fake" Home Rule amendment, which will be called on Ballot "Amendment to Article VIII of the constitution to be known as Section 39, and the word 'Home Rule' will not appear.

Nineteen Prohibition States
Maine, Kansas, Oklahoma, North Dakota, North Carolina, Georgia, Mississippi, Tennessee, Alabama, West Virginia, Virginia, Washington, Oregon, Colorado, Arizona, Iowa, Arkansas, Idaho, South Carolina.

States That Will Vote in 1916
South Dakota November
California November
Nebraska November
Montana November
Michigan November
Missouri November
Idaho November
Alaska November

Physicians of Michigan Lining Up Against Booze
The following unmistakable statement has been signed by thirty-three of the physicians of Houghton county, Michigan, i. e., almost all of them and is published in the current number of Efficiency, issued from Appleton, Wisconsin:

"Whereas, it has been clearly established by the painstaking experiments of European and American scientists that alcohol is a definite poison; and

"Whereas, it is now well-known that the general use of alcohol as a beverage is the direct or indirect cause of a very large percentage of our crimes, insanity, epilepsy, feeble-mindedness, disease, divorce, child misery, and pauperism; and

"Whereas, the new definition of alcohol as a poison contradicts all our inherited notions regarding its value as a food and a beverage;

"Therefore, be it resolved that we, the undersigned physicians of Houghton county, hereby express to the people our earnest convictions regarding this vital matter as follows:

"I, Resolved, That we positively condemn the beverage use of all alcoholic liquors including wine and beer, because, by their effects on the germ plasma, they curse the unborn child; because, even their moderate use has been proven to reduce the efficiency of the user; and because, in multitudes of cases, the continued use of alcohol in moderation proves to be impossible. The moderate drinker is a social menace. If he drinks without becoming a drunkard, his example is certain to influence others, who, by imitating him, acquire an ungovernable appetite for liquor. If he finally passes from moderation to excess, as multitudes of moderate drinkers do, he and his family become a burden to society. It is impossible to know beforehand whether one will be able to drink

moderately or not. After one finds that he cannot drink moderately, it is generally too late to quit. Therefore, total abstinence from all intoxicating liquors is the only guarantee of safety of the highest personal efficiency."

Similar resolutions were recently signed by every one of the six physicians in Crystal Falls; by eight in Sault Ste. Marie; twelve in Marquette, and thirty-five in Saginaw.

"It is a significant fact that the physician is one man in the entire community who is best qualified to speak on this subject and whose testimony is most weighty."



Parable of the Flower Catalogue
Now the Storms of Winter blew Cold, and the Snow of Winter lay Deep, when the Postman brought a Catalogue of Flower Seeds and Bulbs. And Keturah opened it, and gazed therein with Great Admiration. And she said, Satisfied, my lord.

And I answered, Here Am I Keturah.

And she said, Didst thou ever see Flowers so Beautiful as these in this Catalogue?

And I answered, Neither have I seen such or any other man; but such flowers are not in Nature, but in Art. Nevertheless, said she, I like to look on them, and some of them will I buy.

And I said, Behold the house wherein we live is not our own, and it lately was a Place of Weeds, and there is a Row of Flats hard by.

But she said, We will make it more Attractive. Thou hast thy Hollyhocks; I will have Phlox and Chrysanthemums and Cockleshells and Silver Bells and Cowslips all in a row.

So she wrote to the man whose Vivid Imagination had produced the Catalogue, and sent him Money, and he wrote that he would send the Plants in the Spring.

And it came to pass on a day that they came by Express. And I digged in the Ground with a Spade, and I set them out that they should grow. And the Roots were wondrous things wherewith to lay hold on the Earth and transform it into Beauty, so that the one kind of Root might make earth and water into Roses, and another into Lilies. And as I digged in the Earth I thought much of the Wonder of Life as God had placed it in the world.

And I said to her, Keturah, we might not have done this had not some Benefactor of the Human Race sent us a Seed Catalogue.

And she said, Told I not thee it would be well that we should do this?

And I answered, Whether we tarry here a year or ten years, still am I glad to have planted some Flowers. Yes, though we live not to enjoy them, yet will others be glad. Keturah, thou hast done well. And so did the man who sent the Catalogue.

And I called down from Heaven a Blessing upon all men, be they Ministers or Merchants, who suggest to men the good things they ought to do, and who make the doing of them lovely.

For I myself am a distributor of Catalogues of Assorted Virtues, and I say to people, Behold how lovely is Goodness! Go to, even now in the Winter of thy Depravity, and break up the fallow ground of thy heart against the time when thou shalt plant Goodness and it shall blossom in Beauty.

MILDREDINA HAIR REMEDY.

Grows Hair and We Can Prove It by Hundreds of Testimonials

It never fails to produce the desired results. It enlivens and invigorates the hair glands and tissues of the scalp, resulting in a continuous and increasing growth of the hair. Letters of praise are continually coming in from nearly all parts of the country stating that Mildredina Hair Remedy has renewed the growth of hair in cases that were considered absolutely hopeless. A lady from Chicago writes: "After a short trial my hair stopped falling and I now have a lovely head of hair, very heavy and over one and a half yards long."

A Long, Thick Growth of Hair

"After using two bottles of Mildredina Hair Remedy, I have a long thick growth of hair and free from itching," writes Mrs. T. A. Falardean, Jefferson City, Mo.

Mail orders filled by Mildred Louise Co., Boston, Mass. 50c and \$1.00 at druggists.—adv.

No matter how wise you are in your own business, you are not wise enough to know more than customers about what they want.

Be sure you are right—then sit down and enjoy the fruits of your wisdom.

Today's Poem

NO STRIKE FOR HER
Our daddy left his job to-day,
Up where the masons climb,
The men are out for higher pay
And shorter working time,
They've sworn to stick,
Nor lift a brick
That comes from off a truck,
But mother, patient mother, hasn't struck.

Our sister Kate is home from her
Nice stenographic place.
The striking typist girls concur
That wages need a brace.
She does not please
To pound the keys
For pay she doesn't like,
But mother in the kitchen doesn't strike!

And brother Bill has left his job
At motoring a car.
He says the managerial nob
Pushed tranyany too far,
No move he'll make
To turn a brake.
He thinks he's showing pluck,
But mother, weary mother hasn't struck!

And Uncle Bill, who up to date
Has been a dry goods clerk,
This morning at the hour of eight
Refused to go to work.
He said, "It's wrong
to toil so long
Where women shoppers hike."
But mother in the kitchen doesn't strike!

Her working day has hours sixteen,
Outside the union ranks.
No salary she's ever seen;
Her pay's a careless "Thanks."
Yet night and day
She slaves away
For Ned and Mame and Mike,
And mother in the kitchen doesn't strike!

—John O'Keefe.

Speaking From Experience
Clerk—Mr. Goldberg, as I am about to marry, I would like more salary.

Boss—How much more do you want?

Clerk—Ten dollars a week.

Boss—My gracious! How many women are you going to marry?

There is a rather peculiar tendency among men who write of the crops to change on the recently quoted high basis.

Some men act as though they were proud of their faults.

But contentment and ambition have nothing in common.

They Let Him Sleep Soundly

"Since taking Foley Kidney Pills I believe I am entirely cured and I sleep soundly all night." H. T. Strayghe.

Take two of Foley Kidney Pills with a glass of pure water after each meal and at bedtime. A quick and easy way to put a stop to your getting up time after time during the night.

Foley Kidney Pills also stop pain in back and sides, headaches, stomach troubles, disturbed heart action, stiff and aching joints, and rheumatic pains due to kidney and bladder ailments.

Gainesville, Ga., R. R. No. 2. Mr. H. T. Strayghe says: "For ten years I've been unable to sleep all night without getting up. Sometimes only a few minutes after going to bed I'd have to get up, and I tried everything I heard of for the trouble. Last year I tried Foley Kidney Pills and after taking one bottle I believe I am entirely cured and I sleep soundly all night."

AND GM TO CHICAGO
STEAMERS
HOLLAND-GRAND RAPIDS DIVISION
(In Effect on and After May 1st)

To and from Grand Rapids in connection with the Michigan Railway Electric cars. Steamboat express leaves daily every evening making close connections with steamer. FARE: \$2.75 One Way; \$5.25 Round Trip.

ST. JOSEPH-BENTON HARBOR DIVISION

Steamer leaves daily. FARE: \$1.00 One Way; \$1.75 Round Trip.

The Michigan Trust Co., Receiver for

GRAHAM & MORTON LINE

Chicago Dock, Foot of Wabash Avenue.

All steamers equipped with wireless and fitted out complying with the new Seaman's Law.

Schedule subject to change without notice.

FARMERS

Increase your yield of wheat and rye by using **Homestead Fertilizer** Sold by us. Ask the man who used it last year, he will tell you that he not only got an increase in yield of wheat, but got a better seeding catch also.

Buy Your Coal This Month

Pocahontas and Hard Coal prices will be advanced

E. E. CHAPPLE & CO.

Pere Marquette train time at Belding

Corrected September 24, 1916

To Ionia and Detroit, 11:46 a. m., 4:32 p. m.
To Greenville and Saginaw, 8:10 a. m., 2:22 p. m., and *6:51 p. m.

To Greenville and Big Rapids, 6:40 a. m., and 5:35 p. m.

To Lowell and Grand Rapids, 10:10 a. m., 3:22 p. m., and *9:46 p. m.

*Daily.

SAY, MR. FARMER

When in need of Flour, where do you go to buy it? Rather a direct question, but one of importance to us.

Don't you think it would be to your best interests to use home Flour? If you have wheat to sell, where do you go to get the best price for it? If you are in need of bran, shorts, or other mill feed, to whom do you go for your supply?

These are questions of importance, and worthy of your careful consideration. Think them over carefully, and co-operate with us in making this one of the best milling points in the county.

Smyrna Roller Mills
SMYRNA, MICHIGAN.

Do You Eat?

What \$1.00 of Your Money Will Buy Today

Variety of Food	Price	Food Value for \$1.00
Eggs	.30 Doz.	3480 energy units
Beefsteak	.30 Lb.	3640 energy units
Breakfast Foods (average)	.07 1/2 Lb.	5350 energy units
Mutton	.22 Lb.	6700 energy units
Pork Chops	.22 Lb.	6980 energy units
Cheese	.24 Lb.	7860 energy units
Milk	.08 Qt.	7880 energy units
Potatoes	2.00 Bu.	12500 energy units
Beans	6.00 Bu.	15600 energy units

WHEAT FLOUR 10.00 BBL. 23600 ENERGY UNITS

The United States Department of Agriculture, Bulletin No. 142, says white bread made from wheat flour is the most nourishing and cheapest food—above figures prove it.

Think of it! \$1.00's worth of wheat flour baked into bread provides enough nourishment to last a man in full vigor doing moderate muscular work, seven and one-half days.

This means that every dollar invested in

Lily White

"The Flour the Best Cooks Use"

goes almost twice as far, when baked into bread, as one dollar invested in any other variety of food.

Besides you save nearly one-half by baking your bread instead of buying it.

You will have better bread, too.

Every sack of Lily White Flour is all pure, wholesome, healthful and nutritious.

The next time you bake bread use Lily White Flour. Then spread a good, big slice of the fresh bread with good butter, and if you don't say Lily White bakes the best looking, best tasting, tenderest bread you ever ate we will treat.

Please remember every sack is guaranteed to give perfect satisfaction or money returned.

VALLEY CITY MILLING COMPANY,
Grand Rapids, Mich.